



Reflective Reading EDUO 9000, 9002-10, 9041-43

Books Focusing on Inspiration, Self-Improvement, Social/Emotional Growth

7 Habits of Highly Effective People by Stephen Covey

Atomic Habits by James Clear

Becoming by Michelle O'Bama

Being Mortal: Medicine and What Matters in the End by Atul Gawande

Between the World and Me by Ta-Nehisi Coates

The Body: A Guide for Occupants by Bill Bryson

The Body Keeps the Score: Brain, Mind and Body in the Healing of Trauma by Bessel van der Kolk

The Deepest Well: Healing the Long-Term Effects of Childhood Adversity by Nadine Burke Harris

Drive: The Surprising Truth About What Motivates Us by Daniel H. Pink

Educated: A Memoir - Tara Westover

Endure: Mind, Body, and the Curiously Elastic Limits of Human Performance by Alex Hutchinson

Essential Wooden : A Lifetime of Lessons on Leaders and Leadership - John Wooden & Steve Jamison

The Glass Castle: A Memoir by Jeanette Wall

Grit: The Power of Passion and Perseverance by Angela Duckworth

Grow: Tending to the Hearts and Minds of Children Through Mindfulness by Julie Srittmeyer, Melissa Hyde and Molly Schreiber

The Happiness Project: Or, Why I Spent a Year Trying to Sing in the Morning, Clean My Closets, Fight Right, Read Aristotle by Gretchen Rubin

How to Know a Person: The Art of Seeing Others Deeply and Being Deeply Seen by David Brooks

I am Malala by Malala Yousafzai, Christina Lamb

I'm Still Here: Black Dignity in a World Made for Whiteness by Austin Channing Brown

Let Your Mind Run: A Memoir of Thinking My Way to Victory by Deena Ka3stor and Michelle Hamilton

The Light We Carry by Michelle Obama

The Limitless Mind: Learn, Lead, and Live Without Barriers by Jo Boaler

Maybe You Should Talk to Someone by Lori Gottlieb

Lucky Me: A Memoir of Changing the Odds by Rich Paul (foreword by LeBron James)

Mindfulness for Teachers by Patricia Jennings

Mindset by Carol S. Dweck

The Newcomers: Finding Refuge, Friendship, and Hope in America by Helen Thorpe

Onward: Cultivating Emotional Resilience in Educators by Elena Aguilar,

Outliers, The by Malcolm Gladwell

Practicing Presence: Simple Self-Care Strategies for Teachers by Lisa J. Lucas

Stop Overthinking: 23 Techniques to Relieve Stress, Stop Negative Spirals, DeClutter Your Mind, and Focus on the Present by Nick Trenton

The Teachers: A Year Inside America's Most Vulnerable, Important Profession by Alexandra Robbins

Unbroken by Laura Hilldebrand

What Happened to You? by Oprah Winfrey and Bruce Perry

White Fragility: Why It's so Hard for White People To Talk About Racism by Robin DiAngelo

Wild: From Lost to Found on the Pacific Crest Trail by Cheryl Strayed

The Wild Card: 7 Steps to an Educator's Creative Breakthrough by Wade King and Hope King

The Worlds I See: Curiosity, Exploration, and Discovery at the Dawn of AI by Fei-Fei Li